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#Diego Butler



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## Obsessive-Compulsive Disorder

An **obsession** is a recurrent and intrusive thought, feeling, idea, or sensation. In contrast to an obsession, which is a mental event, a **compulsion** is a behavior.

Specifically, a compulsion is a conscious, standardized, recurrent behavior, such as counting, checking, or avoiding.

A patient with OCD realizes the irrationality of the obsession and experiences both the obsession and the compulsion as ego-dystonic.

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**Obsessive Obsession**